

PARENT WORKSHOPS

Parent Workshop: Supporting your child and their wellbeing with the impact of the world of social media.

Visyon's Families and Communities Team are pleased to offer a **90-minute Parent Workshop**. This workshop looks at how to support your child with peer pressure and online bullying. Learn how to build their self-esteem and break through the negativity of the 24-hour online world. Look at how to support your child with a healthy relationship with the online world and get over the FOMO (Fear of Missing Out).

This workshop is available to families in **Cheshire East** and will be held **at Visyon in Congleton** for **face-to-face** delivery.

If you would like to book a place on the Workshop, please contact FamiliesandCommunitiesTeam@Visyon.org.uk who will contact you with further details.

Places are limited and will be allocated on a first come basis.

Date of Workshop

- Tuesday 29 November 2022 at 6.00 pm – 7.30 pm.

